



**Egress
section
proud to
work for
Wolf Pack**

*See pages
6 and 7*

NEWS BRIEFS

Presidential letters

Airmen and civilian employees can now get presidential retirement letters processed more quickly through an information manager in the legislative liaison office at the Pentagon. People serving more than 30 years on active duty, as civilian employees, or a combination of both, can request a Presidential Letter of Appreciation for retirement from the Air Force office of legislative liaison's congressional inquiries division. Prospective retirees can register for an account through either the military or civilian personnel flights.



Photo by Airman 1st Class Tim Bazar

Firefighter Combat Challenge

Airman 1st Class Matthew Shipman drags a hose more than 100 feet during the 12th Annual World Firefighter Combat Challenge in Ottawa. To test his accuracy, Shipman had to hit the target before tagging his teammate who then dragged a 175-pound dummy to the finish line. More than 100 firefighter teams competed in the five-day test of strength, endurance and speed which ended Nov. 8. Shipman is from Little Rock Air Force Base, Ark.

Military tax relief

Legislation signed by President George W. Bush Nov. 11 increases the death gratuity payment to \$12,000 and provides that the full payment is tax-free. That portion of the Military Family Tax Relief Act of 2003 is retroactive to Sept. 10, 2001, to provide for servicemembers who died in the terrorist attacks the following day and in the ongoing global war on terror, said Army Lt. Col. Janet Fenton, director of the Armed Forces Tax Council. The death gratuity has been \$6,000 since 1991, with half of it being taxed.

Commissary holiday hours

The commissary is open Monday from 9:30 a.m. to 5:30 p.m. and is closed Thursday and Nov. 28.



Photo by Senior Airman David Miller

CHEMICAL PROTECTION: (From left to right) Staff Sgt. Dennis Reinhardt, 8th Civil Engineer Squadron Fire Protection Flight crew chief, and Airman Zachery Causey, 8th CES firefighter, don their Level A hazardous material suits during a major accident and response exercise Nov. 12 at the 8th Mission Support Group building. Emergency response teams were dispatched to a package explosion that produced a white substance. This substance was later determined not to be a "nerve agent." The MARE was part of the 8th Fighter Wing's Wolf War Day.

SECDEF addresses military, families at Osan

By Staff Sgt. A.J. Bosker
51st Fighter Wing Public Affairs

Sixty-seven Wolf Pack members went to Osan Air Base, Republic of Korea, to see Secretary of Defense Donald Rumsfeld speak with nearly 1,000 United States Forces Korea airmen, soldiers, sailors, Marines and family members Tuesday during a town hall meeting.

"It's a real privilege for me to be with those who are doing so much to keep the peace in such an important part of the world," said Secretary Rumsfeld.

The secretary acknowledged the sacrifices military members.

"You've made many sacrifices," he said. "Your families also have sacrificed in many ways and we appreciate them as well. They too deserve our thanks and our gratitude.

"But when you live and work on the border between freedom and slavery, between democracy and communism, between prosperity and poverty, I'm sure you have a very clear sense of your mission," Mr. Rumsfeld said.

The 50th anniversary marking the end of hostilities between North Korea and the United Nations forces defending the south, was celebrated this past summer he said.

Mr. Rumsfeld said some people tend to think of the Korean War as a draw since

the war was not easy and the peninsula is still divided.

The secretary disagrees.

"There were very clear winners and losers," he said. "One nation, South Korea, emerged into the light and went on to develop institutions of freedom while the other nation, North Korea, has dwelled in poverty and darkness for five decades."

The success of South Korea didn't happen by accident and it didn't happen overnight, according to Mr. Rumsfeld.

"It happened because the United States made a commitment to security and has kept that commitment for 50 years and because men and women in uniform were stationed in places like Osan to guarantee the peace," he said. "Because of this, [South Korea] has transformed itself from a small war-torn nation into a nation of people who are free and prosperous, who have a vibrant democracy and who are engaged constructively in the world. It is an enormous success story."

The secretary recounted a recent interview in Seoul during which a reporter asked him, "Why should the Korean people send their young men and women over to Iraq, halfway across the globe?"

"It was a fair question," Mr. Rumsfeld said. "I responded by saying, 'I suppose for the exact same reason that the American people sent their young men and women over to Korea 50 years ago.'"

That decision, made 50 years ago, was not easy but was worth it, he said. Just as

the decision to send troops to Iraq was not easy but it was the right thing to do.

At the end of the day, when democracy has taken root in Iraq and the country becomes a constructive player in the Middle East, the rightness of American efforts there will be as clear as well, he explained.

"Americans will be safer if Iraq is part of an axis of peace, instead of an axis of evil," Mr. Rumsfeld said.

The secretary then told the audience that they are all part of something that the world has rarely seen in history.

"[You're part] of the mighty armed forces of a truly great nation which uses those armed forces to help people, not to plunder, not to pillage, not to conquer and destroy but to assist them in building a free and prosperous nation," he said.

The military audience also had a chance to ask the secretary questions.

"His whole speech was inspiring. He is a good speaker, he answered every question that was asked," said Master Sgt. Michael Grayson, 8th Fighter Wing Safety Office.

The secretary ended by telling the military members how much he appreciates their service.

"The American people (and I) value you and appreciate your service," Mr. Rumsfeld said. "Your country is grateful and proud of each of you."



**Days to UCI
89**

What makes Kunsan special?

By Col. Kurt Neubauer
8th Operations Group commander

It wasn't that many years ago when I was a young captain in the Juvats, stationed here at the height of the Cold War, well, at least it doesn't seem that long ago. I have wonderful memories of that tour, and when I found out I'd been selected to serve in the Wolf Pack again, I was tickled ... not just for the opportunity to command, but also for the chance to serve once again in the best fighter wing in the finest Air Force the world has ever known. I think most of you would agree that Kunsan is a special place, and that it's a tough assignment — one that carries with it the burden of family separation and the prospect of war at a moment's notice.

What makes Kunsan and the Wolf Pack special? I would argue the character of the Wolf Pack is what sets us apart from every other outfit in our Air Force. That character is a function of who we are, where we are, and what we do.

Who we are. When we first joined up, we were all merely part of the Air Force. But over time, the Air Force becomes much more to us. My view is you join with your mind, but you stay with your heart. Folks join the service for logical, rational reasons—to conquer obstacles, to find adventure, to get an education. But as they serve, their hearts change and logic is soon replaced by the passion they feel for the warrior virtues of identity, fitness, and duty.

Identity. We're all individuals, but we see ourselves as American airmen first, rather than a collection of "mes" in matching clothes. Our time-honored traditions, customs and courtesies set us apart. The reason we're so good is because our airmen, not their high tech gizmos, make the difference. No technology can substitute for grit, determination, and heart, and American airmen have those qualities in spades.

Fitness: The CSAF's new fitness standards are tough, and rightfully so. They're that way for a reason: our job is tough, and it demands that we toughen ourselves with regular exercise. As American airmen, we

"Keep your ego in check for the good of your country, your service, and your unit."

— Col. Kurt Neubauer
8th Operations Group commander



need to be fit to accomplish our mission. It's a vital part of our job.

Duty: Many duties in the military parallel those in civilian life, but don't kid yourself — that's where the similarity ends. Regardless of your function — cook, fighter pilot, clerk, or crew chief — what you do matters because there are lives on the line. Every day. Never take your teammates for granted.

Where we are. At Kunsan, we have the luxury of focus. Since we've few other responsibilities than those to our mission, unit, and fellow airmen, we can seize the chance to find ways to make the Wolf Pack and ourselves better. Think of it — what a great opportunity! What to do? Here are a few points to ponder.

Get your mind right. Prepare yourself — and your airmen — for the worst. Ensure your spiritual, family and financial responsibilities are in order. No one wants to admit it, but there will be casualties — perhaps lots of them — if war breaks out. Train others to take your place.

Be positive. A good attitude is contagious. The leader's attitude sets the tone, but it can also be shaped by those around him ... those who are led can inspire as much as those who lead.

Be confident, not cocky. We all have achievements we're proud of. For example, I'm proud of my 3,300 hours in the F-16. But no matter where you've been or what you've accomplished, spare me the "been there,

done that, got the T-shirt" song and dance. I don't care how many years you've been in, what matters most is the job you have, not the job you used to have. There's an old adage in the fighter business: "You're only as good as your last sortie." Attack your duties with gusto. Every day.

Ask questions. Don't ever think you've cornered the market on brains. Subordinates, listen to your leaders; likewise, leaders should seek counsel from their subordinates — especially senior NCOs. Weigh that advice, and then make your own informed decision.

Mistakes. Everyone makes mistakes. The difference between professionals and amateurs is that professionals admit their mistakes ... amateurs will, on the other hand, make excuses. Learn from your mistakes and press on.

Read. Read about politics, current events, leadership, and Korean history. Read about the last Korean War ... the events leading to it, the battles, the savagery, and the personalities—because people, not machines, fight wars.

What we do. Our purpose—our reason for being—is to fight America's wars, and there are plenty of adversaries who aim to stop us. We have a healthy respect for, but do not fear, those facts. Rather, we gladly assume that responsibility because we realize the deadly serious nature of our profession makes being an American airman one of the most worthwhile things to which you can devote your life. That makes everything we do important, whether it's as simple as writing an enlisted performance report or as complex as generating a sortie.

So when your fellow airmen look at you, make sure they're seeing a professional — on and off duty, in and out of uniform. Show them the mettle you're made of. Keep your ego in check for the good of your country, your service, and your unit. And when you finally leave the Air Force, whether it's after one enlistment or a 20-year career, your service buddies will respect you, and you'll be a wealthy person who's remembered for their character.

I'm honored to serve with you. Thank you for what you're doing for America and the Wolf Pack!

Thanksgiving Day: Freedom, sacrifice

By Gen. Bill Begert
Pacific Air Forces commander

As I count my blessings this year, I give thanks for all the members of our great Pacific Air Forces team — active duty, Guard, Reserve, civilian and family members.

As always, the demands of our profession require many of you to spend this Thanksgiving Day holiday far away from home. Know that your sacrifice is recognized and appreciated by your peers, your leaders and fellow Americans. We are all fortunate to live in a country full of promise, prosperity and freedom ... and you make that all possible through your service and vigilance.

Jody and I wish you a safe and happy Thanksgiving! God bless you and thank you for all you do.

Action Line 782-2004

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Col. Robin Rand
Commander, 8th Fighter Wing

Fire awareness

Q I'm new to the Wolf Pack and have noticed inconsistency in punishment for fire hazards. I have seen there is a set punishment for seat belt safety. Why isn't there a set punishment for fire safety?

Fire hazards are just as important if not more. We have been told on more than one occasion burning candles is not allowed in the dorm's and there is no cooking in the dorm rooms for technical sergeants and below. I see in the paper members are still not taking this hazard seriously. Maybe if they knew "when" they got caught they would have to go see the Wolf, lose a line number, have a unfavorable information file established, or some other harsh punishment they would think twice.

I'm sure they have no concept on how expensive it is for

the fire department to respond to a 911 fire call. Who determines the member's punishment squadron or group commander? Does the 8th Civil Engineer Squadron commander have a say?

Also, what determines which "blotter" incident is published in the Wolf Pack Warrior?

A You have asked a very good question. Fire hazards are a serious issue that each commander in the 8th Fighter Wing takes very seriously. Cooking and burning candles in the dorms have been addressed numerous times and violators are subject to Uniform Code of Military Justice punishment.

Commanders are committed to treating each violation firmly and fairly, so UIFs, "red-lining" and the other administrative actions you mentioned are tools they can

use in their exercise of authority and discretion. There also are safeguards in place to ensure there isn't a wide disparity in the punishments across the 8th Fighter Wing.

The *Wolf Pack Warrior* staff has printed the majority of all blotter entries sent to them. The blotters are edited to ensure the legal process isn't hindered. I have never asked the newspaper staff to pull a blotter entry. We feel by printing them in the paper, and the subsequent Article 15 punishments that arise from some of them, people will think twice about doing something that might get them in trouble.

Thanks for your concern about a very serious subject. We will continue to emphasize fire safety throughout the year here. To all Wolf Pack members, this is a reminder not to burn candles or cook in rooms not equipped with appropriate cooking facility.



WOLF PACK WARRIOR
Vol. 18, No. 40

Defend the base
Accept follow-on forces
Take the fight North

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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	306	413
80th FS	314	423
8th FW	620	837



Community standard

Requirement to live on base
Because of the 8th Fighter Wing mission, force protection requirements, the remote unaccompanied assignment, and a lack of suitable off-base facilities, every service member assigned to the 8th FW is required to live on base.

8th CS cracks down on telephone abuse

Random audit highlights issues

By 1Lt. Herb McConnell
8th Fighter Wing Public Affairs

The 8th Communications Squadron is in the process of cleaning up phone abuse activity at Kunsan.

There are several types of phone abuse. The most common is using Defense Switched Network lines for unofficial calls, but people are also using government calling codes for unofficial calls. They are even vandalizing phones in common dormitory areas, said Tech Sgt. Paul Talamonti, 8th Communications Squadron.

The problem was discovered after a random audit was conducted by the communications squadron, said Chief Master Sgt. Rich Hyatt, 8th CS.

"We are seeing a high amount of calls to base operators in the United States from official work (Class A) lines. Over 95 percent of these calls are ones requesting they be off-netted to a local commercial number at the distant end," Chief Hyatt said.

"Much of the unofficial call abuse happens at night time, after duty hours, but a fair amount hap-



Photo by 1st Lt. Herb McConnell

CRACK DOWN: The 8th Communications Squadron is cracking down on unofficial telephone calls. People who are caught making these calls can receive anything from a letter of counseling to jail time.

pens during the day as well," Sergeant Talamonti said.

"Right now, we are working with units on validating the various levels of DSN access, needed for numerous base numbers based on mission requirements," he said.

Another problem the communications squadron faces is the vandalism of hallway phones in dormitory hallways. Sergeant Talamonti said phones in the dormitories are missing hand sets and cords, some phones have had the ringer disabled.

"As far as physical abuse, people get angry because someone may be in the hallway talking at night, or the phone rings a lot during the day," he said.

But, of course, this is not the way to solve the problem.

"The primary reason these phones are in the hallway is for 911 calls, recalls, and emergency services," Sergeant Talamonti said.

Because Kunsan is a remote location with many people separated from families, there is already a program in place that allows for morale DSN calls to be made from a member's dormitory or residence.

"The program allows six-15 minute calls per month through the base operator. Calling cards are always a good idea, and good deals can be found at the Jet Stream or recreation center," he said.

"Only use your morale calls or your calling card, because any unofficial use may be punishable," said Capt. Chris Brown, 8th Legal Office.

Punishment can range from a letter of counseling to jail time.

Leaders agree on troop movement

By Kathleen T. Rhem
American Forces Press Service

SEOUL, South Korea — The United States and South Korea have agreed in principle to move most American forces out of the capital city of Seoul and south from the demilitarized zone along the border with North Korea.

Defense Secretary Donald Rumsfeld was in the country's capital for the annual Security Consultative Meeting between defense officials from the two countries.

"As the U.S. and Korea look at the 21st century challenges and the new security environment we're in, we're working to transform our combined military posture to defend Korea and to strengthen security and prospects for peace on this peninsula," Mr. Rumsfeld said during a press conference Monday at the Korean Ministry of National Defense.

The secretary appeared with the Korean national defense minister, Cho Yung Kil, after the two held talks on a number of issues. Before the meeting of cabinet officials, Joint Chiefs Chairman Air Force Gen. Richard Myers met with his Korean counterpart.

This year's iteration of the annual talks was significant because last month was the 50th anniversary of the security agreement between the United States and South Korea, and because the United States is gearing up for a major reconsolidation of its forces on the peninsula.

"We may have had one of the most substantive SCM meetings ever," Mr. Rumsfeld said.

The U.S. and Korean governments have agreed to move the majority of the 7,000 troop-strong American military presence out of the Seoul area onto bases farther south.

Army Gen. Leon LaPorte, commander of U.S. Forces in Korea, said a small American presence is likely to remain in Seoul, but that the numbers have not been agreed to.

Officials have also agreed to relocate American forces in the north of the country — primarily the Army's 2nd Infantry Division at Camp Casey — in two phases. First, they will be consolidated into a smaller footprint. Then they will be moved to the southern part of the country.

Eventually, officials explained, U.S. forces in Korea will be centered on two main "hubs" in the south.

Mr. Rumsfeld was in Korea on the last leg of a six-day trip that has included Guam and Japan. He met with South Korean President Roh Moo Hyun, attended the consultative meeting and a ceremony at Korea's National War Museum, and laid a wreath at the National Cemetery. He visited American service members at Camp Casey, Camp Humphreys, and Osan Air Base Tuesday before returning to the United States.

In a joint communique issued after the consultative meeting, the secretary thanked South Korea for its commitment to send additional military forces to Iraq. The country has already sent medical and engineering units to Iraq and Afghanistan. Local media put the number of added troops at 3,000 and said they'd be used in a humanitarian capacity.

Mr. Rumsfeld also reiterated a U.S. commitment to provide the ROK military with \$11 billion to enhance its capabilities. The secretary also called on North Korea to "completely, verifiably and irreversibly dismantle its nuclear weapons programs and to cease the testing, development, deployment and export of weapons of mass destruction, missiles and related technologies."



Photo by Senior Airman Cat Trombley

PIT STOP: Senior Airman Brad Kristofick, 8th Aircraft Maintenance Squadron, asks Staff Sgt. Dustin Stewart, 8th AMXS, for a tool to remove a tire from an F-16 that declared a ground emergency Tuesday. The tire had to be changed before the aircraft could be towed. Crew chiefs were allowed to do their work after the 8th Civil Engineer Squadron Fire Protection Flight and Explosive Ordinance Disposal Flight ensured the aircraft and its weapon systems were safe. The cause of the ground emergency is under investigation by the 8th Fighter Wing Safety Office.

Customer services arrive

RANDOLPH AIR FORCE BASE, Texas — A one-stop customer service phone number and Web page are up and running, linking several call centers and online resources Air Force people use when managing personnel and pay information.

A single phone number and a companion Web site now make it easier for Air Force active-duty and reserve component military, as well as U.S. appropriated fund civilian employees to find what they need quickly, Air Force Personnel Center officials said.

Customers can find answers to questions by calling toll free (800) 616-3775 or visiting www.afpc.randolph.af.mil/cst. Until now the burden has been on Air Force people to determine which agency handles a particular issue before contacting customer service by phone or on the Web. Customers will be able to access any of the following support services by using the new number and Web site:

- Air Force Contact Center for general military personnel inquiries, including discrimination and sexual harassment concerns and assistance in navigating the virtual military personnel flight application.

- Air Reserve Personnel Center in Denver for Air Force Reserve and Air National Guard personnel inquiries.

- Defense Finance and Accounting Service's

"Our focus is making sure we meet the needs of the field, and that we accelerate those changes which make life simpler for the commander and our airmen."

— Maj. Gen. Tom O'Riordan
Air Force Personnel Center commander

Cleveland Contact Center for Air Force military pay inquiries and assistance with the myPay application.

- AFPC Technical Assistance Center for technical support for applications such as vMPF, assignment management system, AFPC Secure and PC-III.

- AFPC Recruiting Service Center for civilian appropriated fund job opportunities.

- AFPC Benefits and Entitlements Service Team for civilian appropriated-fund benefits and entitlements.

This latest evolution in customer self-service is the product of revolutionary cooperation between different agencies inside and outside of the Air Force, officials said.

"A substantial partnership between military and civilian personnel, Air Force financial services (military pay), and Defense Finance and Accounting Service — years in the making — is making one-stop customer service possible," said James Short, the Air Force's deputy assistant secretary for financial operations.

"It goes beyond just a phone number and a Web page," said Roger Blanchard, assistant deputy chief of staff for personnel. "What our customer service transformation team is beginning to do is actually combine customer service efforts behind the scenes to serve customers faster and more efficiently."

Several of the linked call centers reside at the personnel center, where leaders have been facilitating the consolidation of Air Force customer-service operations.

"We are making sure that customer service is a lot more than a 1-800 number," said Maj. Gen. Tom O'Riordan, personnel center commander. "Our focus is making sure we meet the needs of the field, and that we accelerate those changes which make life simpler for the commander and our airmen."

Customers calling from international locations and hearing-impaired employees should continue to dial the number they currently use to access support for personnel or pay matters, officials said. The new toll-free number should begin accommodating foreign area calls early next year, officials said.

GMV misuses: LRS explains the rules

The Wolf Pack uses more than 900 government motor vehicles, to include Daewoos and other forms of transportation units purchased using government funds, in its daily mission.

These assets move the people, equipment, and supplies needed for the Wolf Pack to fly, fight, and win. Because of the uniqueness of being assigned on the Korean peninsula, motor vehicle use rules may seem different than at other Air Force installations.

"For instance, the Emergency and Immediate Response Vehicle Program provides key and emergency stand-by personnel with access to GMVs 24-hours a day. These approved vehicles and personnel are authorized to be at facilities such as the dining facilities and the fitness center. Please understand that these IRV/ERV marked vehicles

are the only exception to the general base policy," said Senior Master Sgt. Ron Malone, 8th Logistics Squadron. "These allowances, along with privately owned vehicle shipment restrictions for most of our members, may lead to the perception GMV official use rules don't apply to the Wolf Pack. On the contrary, there are no unique official use exemptions for the 8th Fighter Wing. It's important all members understand official use policies for the Wolf Pack's assigned fleets."

The following are some of the common types of non-ERV/IRV misuse at Kunsan:

- Driving a GMV to the commissary, club, base exchange, bowling alley, gym, post office, or Jet Stream for personal business. Unless related to official government business, driving to these types of facilities aren't authorized.

Even using unit GMVs for the purpose of buying and transporting commissary/BX items for unit snack bar sales or fundraisers isn't authorized.

- Drop-off, circle the block, and then pick-up. This involves taking a GMV and dropping off passengers at any of the above-mentioned facilities, then circling the block until they've finished conducting personal business.

Penalties for misuse or failure to prevent misuse of GMVs can be serious.

The 8th Logistics Readiness Squadron's role in vehicle misuse is recommending a local use policy to the 8th Fighter Wing commander, training unit vehicle control officers on official use rules, and conducting technical assessments for unit commanders on all misuse allegations.

"I have been in the transportation business more than 22 years, and I have

found that 99 percent of members do not intentionally misuse GMVs. Integrity and professionalism are prevalent traits in Air Force members — we tend to do the right thing. Most folks simply don't know or understand what the rules are. As we gear up Pacific Air Forces' Unit Compliance Inspection next year, a major goal of the 8th LRS will be to make Wolf Pack members knowledgeable and more aware of Air Force, PACAF, and 8th FW official use policies for one of the Wolf Pack's most critical support assets-Government Motor Vehicles," Sergeant Malone said.

For more information on government motor vehicle misuse, call your unit vehicle control officer or the vehicle operations manager at 782-5007.

*Information courtesy of
8th LRS Vehicle Operations*



Courtesy photo

HEATING: Staff Sgt. Robert Irvine, 8th Civil Engineer Squadron, welds a steel plug to repair a ruptured hot gas tube on the heating boiler providing heat to buildings 1406 and 1408. 8th CES received word Nov. 1 to fire up the heating systems, starting with mission critical facilities, living quarters, community support facilities and then work shops and administration offices. If experiencing any heating problems, call a facility or dormitory manager. Remember, many heating systems are old, resulting in unreliable performance. Residents should keep in mind service calls are prioritized, with mission critical facilities and whole facility outages taking precedence over single room outages. For more information, call Master Sgt. Jim Watters, 8th CES, at 782-4214.

Air Force supports Operation Iron Hammer

By John Banusiewicz
American Forces Press Service

WASHINGTON — An AC-130 gunship helped destroy a warehouse when Operation Iron Hammer kicked off Nov. 12 with a series of coordinated U.S. strikes against anti-coalition insurgents in Iraq.

Iron Hammer is a joint operation to target enemy operating areas, stop the enemy from staging weapons for use against coalition forces and Baghdad citizens, and destroy enemy forces conducting mortar attacks against Baghdad.

The gunship and about a dozen Bradley fighting vehicles destroyed a warehouse insurgents had been using as a headquarters for some strikes against coalition forces. A Defense Department-issued statement said the warehouse was "a known meeting, planning, storage and rendezvous point for belligerent elements currently conducting attacks on coalition forces and infrastructure."

There were no reports of people in the vicinity of the warehouse at the time of the attack, according to a U.S. Central Command report.

The operation's first salvo came when 1st Armored Division soldiers saw mortar rounds being fired from a van and gave chase, noting stops it made. An AH-64 Apache helicopter followed the van out of the village



U.S. Air Force photo

The AC-130 gunship's primary missions are close air support, air interdiction and force protection. AC-130 gunships were used to destroy a warehouse Nov. 12..

and attacked it, killing two suspected insurgents and wounding three others. Five others were captured. Soldiers found an 82 mm mortar launch tube at one of the van's stops and are searching the others, CENTCOM officials said.

About a half hour later, near Sadia, the gunship and tanks joined in the operation.

WOLF PACK Crime Watch

Nov. 10:

Loud noise complaint — An anonymous caller telephoned the security forces control center and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Medical response — An anonymous caller telephoned the SFCC from the Yellow Sea Bowling Center and said there was an airman first class unconscious in the rest-room. A patrolman was briefed and dispatched as well as medical technicians. The airman first class was unconscious from an over intake of alcohol, and when she came to, did not request medical attention.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with a senior airman and briefed him on the 24-hour noise discipline.

Medical response — An anonymous caller telephoned the SFCC and said his airman first class roommate was requesting medical attention because he drank too much alcohol. Patrolmen were briefed and dispatched as well as medical technicians. The airman first class was taken to the clinic where he was treated for over intoxication.

Nov. 11:

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with a senior airman and he briefed her on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 616. A patrolman was briefed and dispatched. The patrolman made contact with two senior airmen and briefed them on the 24-hour noise discipline.

Theft — A staff sergeant called the SFCC and said some items were missing from his dormitory room. Patrolmen were briefed and dispatched. The items missing include credit card invoices, personal training records, hardware for maintenance kits, a retraining package, a computer disk with security clearance information, and a package

for the security clearance.

Nov. 12:

Lost property — A staff sergeant walked into the SFCC and said he’d left his identification card at the Yongsan Post Exchange.

Vehicle accident — A security forces troop radioed the SFCC of a traffic accident on Avenue A across from building 6010 involving a 44 passenger bus. Patrolmen were briefed and dispatched as well as accident investigators. The cause of the crash could not be determined due to conflicting stories. No occupants sustained any injuries. Damage to the vehicle could not be determined due the position and location of the vehicle, and it couldn’t be moved.

Nov. 13:

Vehicle accident — An airman first class called the SFCC and reported a traffic accident at building 2007’s main gate. Patrolmen were briefed and dispatched. An investigation revealed a Korean national driver of vehicle one had bent down to pick up his ID card and was not paying attention to what was in front of him causing him to hit vehicle two. Damage to vehicle one consisted of a cracked grill guard. Damage to vehicle two consisted of a cracked rear bumper and multiple scratches.

Nov. 14:

Vehicle accidents — A staff sergeant called the SFCC and said there was an accident at building 1101. Patrolmen were briefed and dispatched. Patrolmen made contact with an airman first class who said while negotiating the turn from West 4th Street to the access road in front of building 1101, he did not see the support beams for the construction wall next to the Cyber Cafe. The rear end of the bus struck the beams causing four windows to break and multiple scratches down the passenger side of the vehicle.

Theft — A senior airman walked into the SFCC and reported she had some property taken from the storage room of dormitory 1408. A patrolman was briefed and dispatched. The senior airman said she’d put her property in the storage room in November 2002 and it was secured. When she went to claim her belongings from the storage room, it was no longer there.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1408. Patrolmen were briefed and dispatched. When the patrolmen arrived, they didn’t make

contact with the room’s occupant. They then conducted a walk around of the building with negative results.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 620. Patrolmen were briefed and dispatched. Patrolmen made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Nov. 15:

Theft — An airman first class walked into the SFCC and said his Gortex jacket was missing. He last saw his jacket Nov. 13 while posted as Delta-2B. During his shift, he’d placed his jacket in his duty bag and noticed it missing when he reported for duty Nov. 15.

Private property damage — A security forces staff sergeant called the SFCC to report damage to a Korean national’s car at building 1108. Approximately two weeks ago, a golf ball struck his car causing a dent on the driver’s side. The damage is estimated at 270,000 won.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 620. Patrolmen were briefed and dispatched. Patrolmen made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1407. Patrolmen were briefed and dispatched. They made contact with a staff sergeant and briefed him of the 24-hour noise discipline.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1408. A patrolman was briefed and dispatched. The patrolman made contact with a staff sergeant and briefed him of the 24-hour noise discipline.

Nov. 16:

Patrol response — The SFCC received a 911 call and a hang up. A senior airman with fire control said the call came from inside building 2858. Patrolmen were briefed and dispatched. A patrolman radioed back all the doors were secure. An 8th Civil Engineer Squadron senior airman was called and unlocked the building. An interior sweep was done with negative findings.

Indecent exposure — A major called the SFCC and said a Korean national was publically urinating outside building 387. Patrolmen were briefed and dispatched. The civilian was taken to building 590 and released.

Courtesy of the 8th Security Forces Squadron

Civilian employment Changes make filling jobs easier

RANDOLPH AIR FORCE BASE, Texas — Internal and external job seekers will find some differences when applying for an Air Force non-bargaining career-program position.

“These changes reflect our effort to improve service, timeliness and quality of candidates referred for (job) vacancies,” said Isabel Herrera, personnel management specialist with Air Force Personnel Center’s career program office here.

Changes announced by center officials include:

- For at least the next year, there are no more six-month or one-year penalties for employees who decline consideration or turn down a position after being selected. Effective immediately, existing penalties are waived. The no-penalty policy will be re-evaluated in a year.
- All qualified external

candidates for a position can now be referred to the hiring authority. The number of candidates that could be referred used to be limited.

- Position-announcement periods can now be shortened to seven days. Previously there was a 14-day announcement minimum.
- Positions can now be announced any day of the week, not just Fridays.

“You can see that we’re trying to reduce the built-in delays that go into announcing, reviewing and filling positions,” Ms. Herrera said. “The changes should serve to get supervisors the people they need sooner to accomplish the mission.”

Career program team contact information is at www.afpc.randolph.af.mil/cp/contact.htm.

For more information, call the civilian personnel office at 782-4526.

OF THE PRIDE PACK

Job: Security forces vehicle NCO

Duties: Maintains security forces’ vehicle fleet

Hometown: Sacramento, Calif.


Follow-on: Travis Air Force Base, Calif.

Hobbies: Lifting weights and playing basketball

Favorite music: R&B

Last good movie you saw: “Bad Boys II”

Best thing you’ve done at Kunsan: Visiting Kunsan City.



Staff Sgt. Stanley Williams

“Staff Sgt. Stanley Williams has been stationed at Kunsan for three months. During this time, he has been a member of security forces training and resources flight as the squadron’s vehicle NCO. The number of vehicles security forces is responsible for maintaining is 38, coupled with the amount of use the vehicles are given, makes Sergeant Williams’ job a true challenge. However, he has met the challenge head on in an effort to improve the quality of life and mission capability for our base defenders as they endeavor their critical ‘defend the base’ mission. He developed lesson plans for training and retraining security forces members, reducing vehicle accidents dramatically. Additionally, Sergeant Williams identified and pursued a fix action for an Air Force Instruction 31-101 posting requirement deficiency. Soon, security forces members will have eight desperately needed tactical vehicles for critical security and air base defense posts because of Sergeant Williams’ attention to detail and diligence. Despite the continual deadline pressures involved in working war readiness material vehicle requirements and day in and day out security forces vehicle issues, Sergeant Williams maintains a great attitude and delivers.”

Tech. Sgt. Christopher Brown
8th Security Forces Squadron resource advisor

Air Force Core Values: Integrity First ⚡ Service Before Self ⚡ Excellence In All We Do

Egress section: Safety



LIGHTS: Airman 1st Class Wesley Foote, 8th MXS, connects the arming light inside the cockpit of an F-16 as Staff Sgt. Harrison, 372nd Training Squadron, looks on.



SAFETY: Staff Sgt. Tim Harrison, 372nd Training Squadron, points out safety features on the ACE III ejection seat to Airmen 1st Class Philip Allen and Wesley Foote, and Senior Airman Clifford Cruz, 8th MXS.



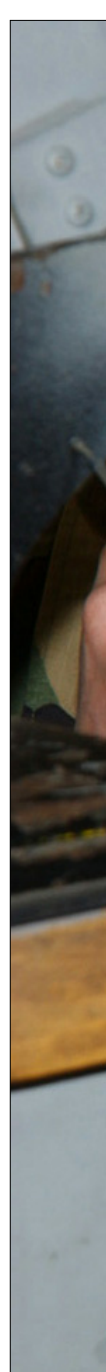
INSTALL: Senior Airman Clifford Cruz, 8th MXS, installs a set of rails for the ACE III ejection seat.



CANOPY: (From left to right) Staff Sgt. Tim Harris, 372nd Training Squadron, helps Airman 1st Class Ronald Tinney and Senior Airman Clifford Cruz, 8th MXS, replace the canopy of an F-16.



EJECTION SEAT: Airmen 1st Class Ronald Tinney (left) and Wesley Foote (right), 8th MXS, guide the ejection seat into the aircraft while Senior Airman Clifford Cruz, 8th MXS, reads instructions from the technical order.



WIRES: Philip Allen, 8th MXS, and five men from the 372nd Training Squadron are working on the wiring of the ejection seat.

By Sen
8th F

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Photos by Senior Airman Araceli Alacon

Staff Sgt. Tim Harrison, 372nd Training Squadron Field Training Detachment instructor from Nellis Air Force Base, Nev., shows Airmen 1st Class Ronald Tinney and Philip Allen how to inspect the stabilization and pitch control assembly. Sergeant Harrison was at Kunsan for two weeks to teach mandatory FTD training to members of the Wolf Pack who required it.

Senior Airman Cat Trombley
Fighter Wing Public Affairs

is one unit on base whose
as saving lives. They aren't
or even life support; they
egress section. A section
ole for saving pilots' lives
eed to eject from their air-

ss supervises and per-
cheduled and unscheduled
ance on egress systems and
quipment supporting 42
F-16 aircraft," said Capt.
ssshans, 8th Maintenance
n Accessories Flight com-
"They install, remove,
odify, troubleshoot, rig
st units of the aircraft
ystem."

egress system is the ejec-
em that includes the seat
anopy. The egress shop
are that, when needed, the
works so a pilot can get out

major contribution to the
at by doing our job right,
pilots' lives so they can
ck safe, keep flying and
fight north," said Staff Sgt.

Gregory Frizalone, an aircrew
egress system craftsman who has
been in the career field more than
six years.

It's a job every one of the egress
airmen, not only takes seriously,
but is proud to do. They all have a
sense of pride knowing exactly
how they affect the mission of the
Wolf Pack.

"At least once in our career
field, you will meet and talk with
someone who has ejected so you
can see what all the training and
work was for," said Master Sgt.
Steve Worthen, Egress Section
chief, and a 21-year veteran in the
field.

And all of the members of the
egress section have had that oppor-
tunity to talk to someone who has
ejected.

"Recently, an incident hap-
pened, and the pilot came to us and
thanked us all. It gave us a sense of
pride, knowing he knew that
because of what we do, he was
there that day to thank us,"
Sergeant Frizalone said.

Working around the ejection
seat can be a dangerous job, said
Airman 1st Class Wesley Foote, an
Egress systems apprentice who

came to the egress section straight
out of technical training.

"There's not a 'big spring' under
the seat, its explosives. That's why
we train all flight line personnel on
cockpit safety in and around the
ejection seat and canopy," Sergeant
Andersen said.

But all joking of a "big spring"
aside, Sergeant Worthen said
egress is the safety net to the air-
craft.

"All other systems on an aircraft
can stop, but ours will work as
advertised, there is no back-up or
second chance," he said. "To the
Air Force, we ensure in case of an
emergency, the most valuable asset
in the aircraft, the crewmember, is
provided a means to safely exit the
aircraft in a rapid matter without
serious injury. The safe ejection
and post ejection deployment of
the parachute not only saves the
crewmember's life but it affects the
lives of their spouse, or significant
other, relatives and friends."

The egress section agrees on
one thing: the pilot's life is more
important than the jet.

"It is not cheap to replace a jet,
but it's impossible to replace a
life," Sergeant Anderson said.



CHUTE: Staff Sgt. Tim Harrison, 372nd Training Squadron shows Airmen 1st Class Ronald Tinney, Philip Allen and Wesley Foote, all from 8th MXS, how to remove a drogue chute from the back of the ejection seat.



Friday

Free food night The Loring Club offers baked chicken 6 to 9 p.m. for club members.

Howlin' Bowl The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m and 6 p.m. Busses depart Osan at 6 and 10 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. Busses depart Osan at noon and 4 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Latin night The Loring Club has a Latin night in the ballroom.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

No Tap tournament The Yellow Sea Bowling Center offers no tap tournaments at

6 p.m. The cost is \$15.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

Folk village tour The Falcon Community Center offers a Korean folk village tour. The bus departs at 7 a.m. and returns at 8 p.m. Visit a living museum that recreates the lifestyle during the Chosun Dynasty. The cost is \$20/\$16.

Airman's Day The Yellow Sea Bowling Center offers free bowling to E-1s to E-4s starting at 6 p.m. Other ranks bowl pay \$1 a game.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Football Frenzy The Loring Club offers Monday night football at 6:30 p.m. in the enlisted lounge.

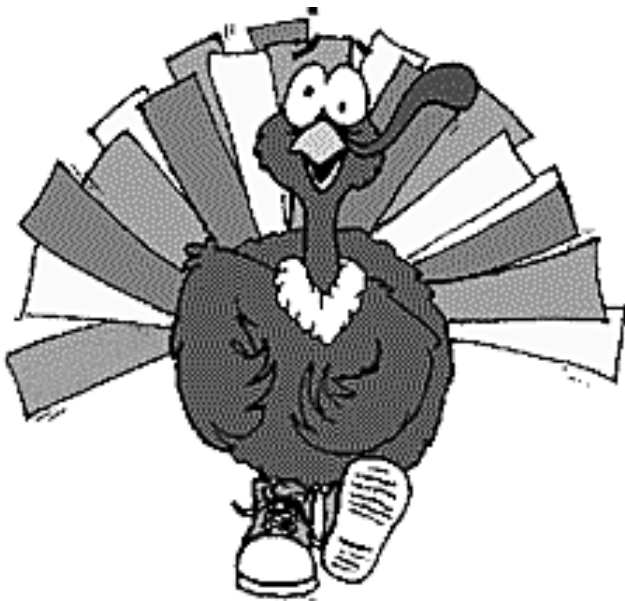
Discount bowling The Yellow Sea Bowling Center offers discount bowling. Each game is \$1 and shoe rental is free.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart

Paintball turkey shoot

READY, AIM, FIRE: Outdoor recreation hosts a paintball turkey shoot Saturday 9 a.m. to 5 p.m. The cost is \$5. Participants have a chance to win prizes and turkeys. For more information or to register, call 782-4833.



Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Free food The Loring Club offers club members the Red Devil chili bar 6 to 9 p.m.

Pre-Thanksgiving party The Loring Club hosts a pre-Thanksgiving party starting at 6 p.m. There will be two live bands in the ballroom. Karaoke is also featured in the officers' lounge with a billiard and darts contest in the enlisted lounge.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Thursday

Mount Naejan tour The Falcon Community Center offers a trip to Mount Naejang and Kumsan-Sa Temple in south-western Korea. The bus departs at 8 a.m. and returns at 6 p.m. Sign up by today. The cost is \$20/\$16.

Electronics market The Falcon Community Center offers a trip to the Yongsan electronics market. The market has more than 5,000 shops. The bus departs at 7

a.m. and returns at 8 p.m. Sign up by today. The cost is \$20/\$16.

Thanksgiving buffet The Loring Club offers a Thanksgiving buffet 10 a.m. to 1 p.m.

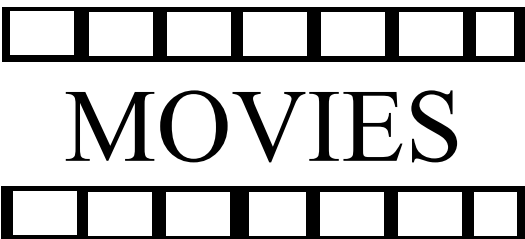
Movie marathon The Loring Club offers a movie marathon 7:30 p.m. to 2 a.m. in the ballroom.

Celebrity visit Jim Avery, from the Fresh Prince of Bel Aire, and Kate Linder, from Young and the Restless, visit the Wolf Pack. The autograph and photograph session is 6:30 to 7:30 p.m. in the Loring Club.

Bowling marathon The Yellow Sea Bowling Center offers games for 25 cents a game. There are also food and beverage special as well as contests and prizes.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$10.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.



Saturday

“Runaway Jury” (PG-13) 7 and 9:30 p.m.

Sunday

“Once Upon A Time in Mexico” (R) Starring Antonio Banderas. 6 and 8:30 p.m.

Tuesday

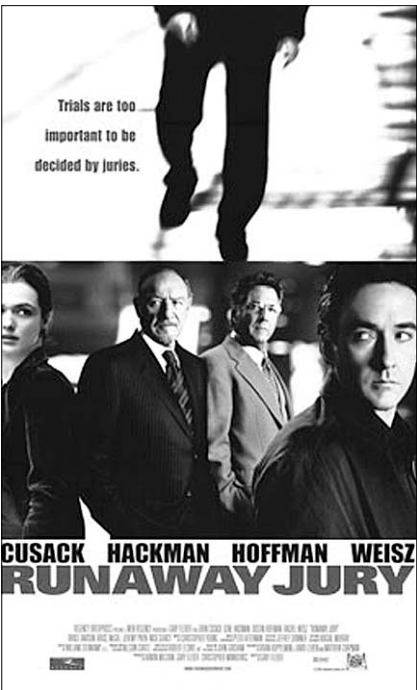
“Once Upon A Time in Mexico” (R) 8 p.m.

Wednesday

“The Order” (PG-13) Starring Heath Ledger and Shannyn Sossamon. 8 p.m.

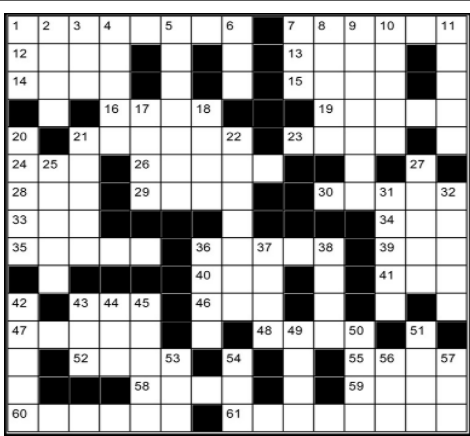
Thursday

“The Order” (PG-13) 8 p.m.



Today

“Runaway Jury” (PG-13) Starring John Cusack and Gene Hackman. 7 and 9:30 p.m.



ACROSS

- PACOM exercise _____
- Edge
- Region northern Alaska is part of
- Fencing sword
- Part
- Letter opener?
- Chinese seed used for healing
- Track
- Intelligent
- Popular Alaska fish
- Arrival times (abbrev.)
- Pie _____ mode
- Type of bear found in Alaska
- Ride home?
- AFB in Korea
- Second letters of Greek alphabet
- Oxygen

- Persona
- Famous psychiatrist
- Even
- Lord of the Rings person
- Shoe size
- British afternoon drink
- NBA Basketball executive _____ Jackson
- "City of a thousand and one churches"; ancient Armenian town
- Bravery
- Built an arc
- Holes
- Mocked
- Saga
- Late show host
- Northern Light; _____ Borealis
- NAF for Alaska

Northern lights

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

DOWN

- Homer's neighbor on The Simpsons
- Ajar
- Actor Stephen _____ of The Crying Game
- _____ firma; solid earth
- Native Americans in northern Alaska
- Bother
- Part of a circle
- Nest
- Weather condition
- State established on December 29, 1845
- Talks
- Pet food maker
- 1999 movie Run _____ Run
- MAJCOM responsible for AK
- Fencing sword
- Sturdy yellow or buff cotton cloth
- Dens
- F-15 _____
- Under Secretary of the Air Force Peter
- Couches
- Shakespeare play King _____
- Vessel used to carry used blood to the heart
- Singer Ford
- Eighth letter of the Greek alphabet
- Tree residue
- Three
- State
- Shrek was one
- Revolutionary martyr Nathan
- Let
- Resort
- Frozen water
- Writing tool
- Homer saying on The Simpsons

Education

CLEP tests The base education and training office will withdrawal the following general CLEP tests Nov. 30: Natural Science, College Mathematics, English Composition, Principles of Accounting, College Level Spanish Language, History of the U.S. I, and History of the U.S. II. For more information, call Earl Gassery at 782-5148.

Scholarship Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003 to 2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center needs teachers. Many enlisted members are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers’ Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman’s Advisory Council The Airman’s Advisory Council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers’ Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Pre-separation class The family support center offers a pre-separation class today 9 to 10 a.m. in building 755, room 215. This is mandatory for members about to

separate or retire. Registration is required. For more information, call 782-5644.

Financial management The family support center offers a financial management brief 4 to 4:45 p.m. in building 755, room 215. This class is mandatory for all E-4s and below. For more information or to register, call 782-5644.

Return, reunion The family support center offers a return and reunion briefing Tuesday 3:30 to 4 p.m. in the chapel sanctuary. No registration is required.

Return, reunion change The family support center’s return and reunion class will move to Wednesday beginning Jan. 1, 2004. The class will be held 3:30 to 4 p.m. at the chapel. For more information, call Master Sgt. David Sullins at 782-5644 or 782-5627.

Korean language class The family support center offers a Korean language class 5 to 7 p.m. in building 755, room 215. Registration is required. For more information or to register, call 782-5644.

Smooth move The family support center offers a smooth move class 1 to 4 p.m. at the Sonlight Inn. This class also includes a homebuying workshop. For more information or to register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Staff Sgt. Sonya Muntz at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Wing promotion ceremony



When: Wednesday at 4 p.m.



Where: Loring Club

What: Promote the Wolf Pack’s finest

All promotees must be in pace no later than 2 p.m. with their new stripe sewn on.

For more information, call Master Sgt. Chris Colby at 782-7542.



Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer and Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

- ☐ Men’s Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.
- ☐ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.
- ☐ Women’s Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.
- ☐ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.
- ☐ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Fall revival The chapel hosts a fall revival weekend today at 7 p.m., Saturday at 7 p.m., and Sunday 11 a.m. to 6 p.m. at the chapel. Chaplain (Capt.) Steven Dabbs from Misawa Air Base, Japan, is the guest speaker. This event is open to everyone. For more information, call

the 8th Fighter Wing Chapel at 782-4300

Miscellaneous

Commissary hours The Defense Commissary Agency has new hours. The new hours are: Tuesday through Sunday 9:30 a.m. to 5:30 p.m. The commissary is closed Monday. For more information, call Larry Andrews, store manager, at 782-4144.

Weapons load crew Staff Sgt. Dane Bressler, Airman 1st Class Shane Fagan, and Senior Airman Ian Owens, 80th Aircraft Maintenance Unit, are the winners of the November weapons load crew competition held Nov. 3. The winners were announced at a ceremony Nov. 14 at Hangar 3.

Thunderbird applications The Thunderbirds are currently accepting applications for three demonstration pilots, operations officer, executive officer, and public affairs officer for the 2005-2006 demonstration season. Packages must be received no later than Jan. 31, 2004. Applicants must have pinned on captain by May 1, 2004. Packages must also be submitted with the application. For more information on what is required, call Capt. Sean Cotter at DSN 682-9584 or Staff Sgt. Anthony Lagred at 682-2278. Interested parties can also call the military personnel flight’s customer service section at 782-5276.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member’s rank, name and phone number and must originate from the member’s e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Lead, bass guitarist, possibly keyboardist for a band that plays a variety of styles. Call Greg at 782-4167.

For sale

Desk w/hutch dark navy blue

in great condition. \$65.00 Call Tech. Sgt. Fernando Miller at 782-8808 or 782-0032

Miscellaneous items Kitchen items, pots and pans, dishes, cups also plants. Call Tech. Sgt. Frenando Miller at 782-8808 or 782-0032

RIVER CRUISE

The Falcon Community center offers a cruise on the Han River Saturday. See Seoul from a new vantage point. The trip also makes a stop at It’aewon. The bus departs at 7 a.m. and returns at 8 p.m. The cost is \$20 for E-5s and above and \$16 for E-4s and below. For more information, call 782-4110.

Jazz brunch

Kenny Vernon performs two jazz sets during brunch Sunday 10:30 a.m. to 1 p.m. at the Loring Club. Brunch is \$10.95. For more information, call 782-4312.

A	N	C	H	O	R		P	U	L	L	E	R		B
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B			K	I	N	G	S				I	A	M	S

Solutions for Nov. 7
Air Force Leadership crossword

Tae Bo creator helps open fitness center

By 1st Lt. Anna Siegel
Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. — Pounding music, NBA-style introductions and cheers of more than 500 people accompanied the base's 18-person fitness team as they ran onto the new basketball court Nov. 7 to workout with Billy Blanks, the creator of Tae Bo.

The mix of military and civilians, spouses, children and friends turned out for what 1st Services Squadron officials called an "out-of-the box" approach to a grand opening.

"We wanted something with active participation, not just the traditional 'cut the ribbon' ceremony, which was done in the morning," said Nancy Christian, 1st SVS chief of marketing.

"We also wanted to celebrate fitness as a lifestyle, and Mr. Blanks promotes that kind of fitness," she said.

Blanks, a seventh-degree black belt in Tae Kwon Do and a seven-time world karate champion, founded Tae Bo after combining dance music and Tae Kwon Do moves for a home workout, according to the official Tae Bo Web site. He saw what it did for himself and his family, and in 1989 opened the Billy Blanks World Training Center in Sherman Oaks, Calif.

Since then, he has been traveling the world to spread his message about fitness and health, including visits to deployed troops in places like Bosnia, Kosovo, Germany and Italy.

"We do it because the

armed forces serve our country, and I believe it's an honor and my right to serve them," Blanks said. "We want to show our appreciation and tell them 'thank you' for what they do for us around the world."

The new fitness center is also home to the health and wellness center, showing the combined emphasis on fitness and wellness, which is what Blanks promotes, Christian said.

"My definition of fitness is health," Blanks said. "Anybody can look good but be dying on the inside. It's more about the inside than the outside."

Most people think of fitness as a physical process, he said. He teaches people wanting to get in shape that it starts in the mind and heart. Then, success comes in other areas of their lives.

"If you say being fit is about being physical — and we are all physical people — then why isn't the world in shape?" he asked. "It's about mentally and spiritually being in the right place. If you can establish faith in all parts of your life, you'll see how it enhances everything you do. And then when hard times come, you'll know how to (get) through it."

If people start internally, they can get their body to fall in line and then be able to do anything they want to in life, he said.

"First, they have to start talking themselves into getting into shape," he said. "Then, you find something that you like doing. Find some music, even for five or six minutes, and create a little workout

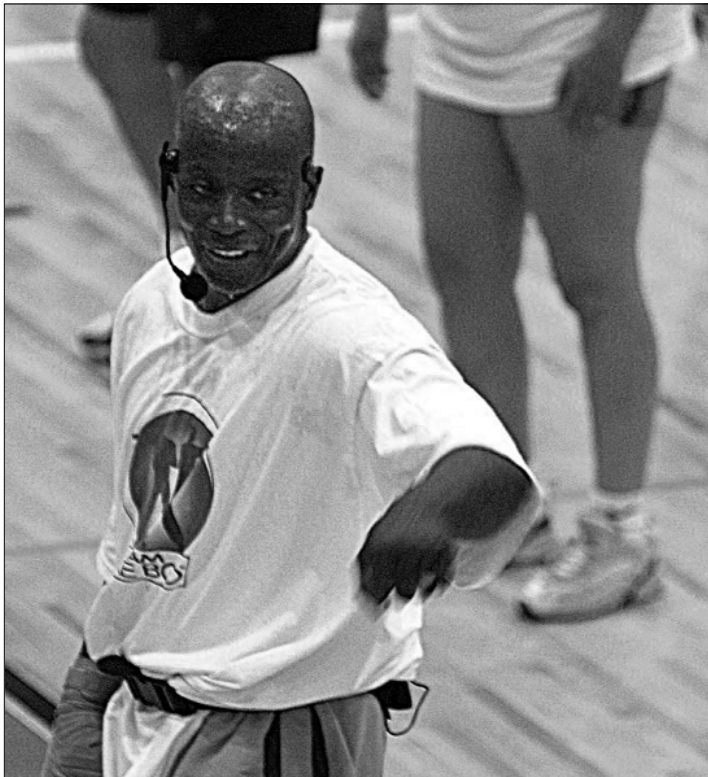


Photo by Airman Samantha Willner

I KNOW TAE BO: Tae Bo creator Billy Blanks works out with a gym full of students on opening night of the new fitness center at Langley Air Force Base, Va., Nov. 7. Blanks led the class of more than 500 in his unique mix of dance, aerobic and Tae Kwon Do moves.

that's comfortable for you. Soon, you will build up to a successful physical-fitness program. Find a way that makes you tick and combine that into a workout program."

He said he sees discipline as the main tie between fitness and being in the military.

"The will and the mind (are) always being tested when you're in the military," he said. "The will and mind get tired first in a workout, so people have to challenge themselves to make it successful. The same goes for being in the service."

"(Fitness) is important for the military, because it teaches you discipline and concentra-

tion," said Shellie Blanks Cimarosti, Blanks' daughter and a member of Team Tae Bo. "You can't do your mission if you don't have a goal and can't concentrate on it."

Both said they were impressed with the new facility here.

"It's awesome," Blanks said. "It's got everything people need to get in shape, so there should be no excuses."

"It's nice to see that people care and want to take care of the airmen here because they deserve it," Cimarosti said.

Blanks and Cimarosti also toured Langley, visiting the dining facility, base exchange and F-15 Eagle static display.

SPORTS SHORTS

Chief of staff fun run

The health and wellness center and fitness center's chief of staff of the Air Force 1.5 mile fun run is Mondays. Runners meet at 5:30 p.m. on the service road behind the fitness center.

Kickboxing Aerobics

The fitness center offers aerobic kickboxing classes every Monday, Tuesday and Friday at 5 p.m. at the fitness center. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Photo by Staff Sgt. Nicole O'Hare

Getting ready for the fitness test

(Clockwise from left) Cols. William Chambers, 11th Wing commander; Bruce Deane, 11th Wing director of staff; and Michael Gardiner, 11th Wing vice commander, voluntarily do pushups in their command section at Bolling Air Force Base, D.C. Airmen from the 11th Wing command section have been keeping themselves, and office visitors, "fit to fight" by charging all who enter their office a minimum of 15 pushups. Signs are posted to keep track of progress. The program began to help airmen prepare for the implementation of the Air Force's new fitness standards in January.

3 vs. 3 basketball tournament

The fitness center offers a 3 vs. 3 basketball tournament today at 6 p.m.

Varsity basketball

The Wolf Pack's men's and women's varsity basketball teams play Camp Humphreys Saturday at 6 and 8 p.m. and Sunday at 9 and 11 a.m. at the fitness center.

Sunday spin class

The fitness center offers a spin class Sundays at 4 p.m. in the score house of the softball field.

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Turkey Trot

The fitness center has a five-kilometer and 10-kilometer fun run Thursday at 9 a.m. Runners who dress up have the chance to win services bucks. Costumes will be judged at 8:30 a.m. The entry fee for the race is \$7 or \$5 with a can food donation. All runners will receive a T-shirt.

Notice

**Please return
any towels
belonging to the
Wolf Pack sports
and
fitness center**

Lobos take bite out of Falcons bowl chances

By John Van Winkle
U.S. Air Force Academy Public Affairs

ALBUQUERQUE, N.M. — The University of New Mexico Lobos took a 24-12 bite out of the U.S. Air Force Academy's bowl aspirations with a dominating win at Lobo Stadium Saturday.

"They certainly made the plays, their team deserved to win, and they were the better football team today," said Fisher DeBerry, Falcons head coach. "We did not make enough plays in the game and only had the one turnover."

Lobos running back DonTrell Moore scored twice on 1-yard runs to put the Lobos up by 14, before the Falcons got within scoring range. But the Lobos defense was tight on the perimeter against the run, which halved the Falcon's usually dominant rushing production and left the offense to again settle for Joey Ashcroft's field goals when touchdowns were needed.

"It was simply a matter of them being able to make plays," DeBerry said.

"I'm not disappointed with the way our guys fought today. They played hard, but we didn't just didn't make enough plays to be a good football team," DeBerry said.

The Lobos extended their lead to 18 with a Wes Zunker field goal and a 10-yard touchdown catch by Adrian Boyd.

New Mexico kept its end zone Falcon-free until halfback Darnell Stephens crossed the goal line on a 1-yard run to bring the Falcons within 12, with 1:57 left in the game. The Falcons failed to convert the 2-point attempt or come up with the on-side kick, and the Lobos were able to run the clock out for a 24-12 victory.

The Falcons dropped to 7-4 with the loss, while the Lobos improved their record to 7-4.

The loss also deals a virtual deathblow to the Falcons' outside chances of winning the Mountain West Conference title, and muddles the postseason bowl picture even further. Air Force now ranks third out of the four bowl-eligible teams in the conference who are all aiming for the three bowl games for the conference. Three other conference teams can become bowl-eligible by winning each of their remaining games, which makes Air Force's game Saturday against San Diego State University all the more important, De Berry said.

"If ... we could figure out a way to win another game, that would give us eight wins, and somebody would have to hope-

fully take a look at us," DeBerry said, who has led the Falcons to 18 winning seasons and 12 bowl games in his 20 years as Air Force's head football coach.

"But there are no guarantees. There are no assurances," he said.

"I think we're an attractive team for any bowl because of the way our people travel and the things we can bring to a bowl," DeBerry said. "But hey, we're not thinking about that. All we got to figure out now is how we can regroup, come back and be a better football team next week."

For the players, the pain of the loss and giving up 188 yards to Moore will linger until they hit the field for practice Monday, and for some, until the first snap of the final regular-season game Saturday.

"I'm just hurting inside, knowing that we could've played a lot better," said Trevor Hightower, Falcons senior line-backer. "It's going to hurt me until we play San Diego. But I really just can't wait to get to practice because we're going to need to play our best game against them."

"I just know that ... this next week's game is going to have a lot to do with how we're remembered as a team," he said.

Golf course

The West Winds Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

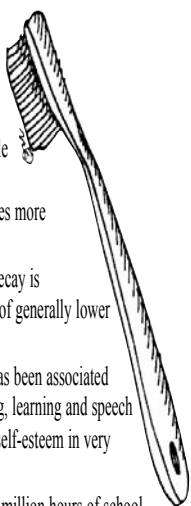
Monday to Friday
4:30 a.m. to midnight

**Weekends, holiday
and down days**
8 a.m. to midnight



TOOTH DECAY PREVENTION

- ☐ Tooth decay is an infectious disease
- ☐ Most oral health problems are preventable
- ☐ Dental caries is the single most common chronic childhood disease; five times more common than asthma
- ☐ 80 percent of all tooth decay is concentrated in 25 percent of generally lower income children
- ☐ Untreated tooth decay has been associated with failure to thrive, eating, learning and speech problems, and diminished self-esteem in very young children
- ☐ Children miss nearly 52 million hours of school per year (average of 880,000 days) due to dental disease
- ☐ Frequent snacking on sticky sugar-laden carbohydrates and drinking soda is the major contributor to dental decay
- ☐ Soda consumption has increased to 53 gallons per person a year! Soda covers the teeth with sugar and phosphoric acid (present even in diet soda), which demineralizes the teeth. Soft drinks are hard on teeth!
- ☐ 75 percent of all adults have some form of periodontal (gum) disease



CSAF's Fitness Challenge: Week 12

By Tech Sgt. Roderick Pettway
Health and wellness center diet technician

Variety is the spice of life. Eating a variety of foods helps provide vitamins, minerals, and fiber, all of which may help reduce chronic disease risk.

You don't need to give up your favorite foods when trying to maintain or lose weight. Good nutrition is vital if you want to get the maximum benefit from your workout, but many people are unaware their diet should vary depending on their fitness goals.

Starting a new exercise routine. A new commitment to exercise often demands a diet overhaul. Make sure you're getting workout-worthy nutrients and not just filling up on empty calories such as candy bars and sodas.

According to the Dietary Guidelines, people should consume more complex carbohydrate and fiber-rich foods. Choose fruits with edible skins, legumes, vegetables and whole-grain foods. Your goal should be to consume at least two fruit servings, three vegetable servings and up to six to 11 servings of whole-grain breads and cereals every day.

A diet high in fiber and low in fat may protect you from colon and rectal cancer. Fiber helps move waste through your digestive tract faster so harmful substances don't have much contact time with your intestinal walls.

Eat fruit and vegetables, they contain beta-carotene, vitamin C, vitamin E and selenium. These nutrients are antioxidants, which protect body cells from damage. They also help keep your immune system healthy and may reduce your risk for cancer and other diseases. Most vegetables and fruits are an excellent source of fiber, while being low in fat.

Here are things to consider when focusing on the nutritional part of getting fit.

Building strength: Increasing intensity and endurance requires a lot of glycogen, the body's stored form of carbohydrates said Heather Nakamura, a registered dietitian and sports nutritionist in Seattle. "To increase your speed, be sure to eat carbohydrates on a regular basis — not just after you work out."

Limit the fat: Heart disease is not

the only health risk related to a high-fat diet. Limit high-fat diets, especially diets high in animal fat.

Animal fats are usually high in saturated fat, cholesterol, protein and calories, and often lower in high-fiber foods. Try consuming foods that are low in fat, especially saturated fat. Trade saturated fats for heart friendly monounsaturated and polyunsaturated

Stay physically active and keep trim: Maintain your own healthy weight by keeping calories under control. Obesity is linked to cancers of the breast, colon, gall bladder and uterus. The best approach to weight management is to stay physically active, control your portion sizes and follow the Food Guide Pyramid.

For sustained energy, Liz Applegate, a sports nutritionist and author of "Eat Smart Play Hard," advises taking in the bulk of calories before 5 p.m. and adding a protein-packed snack — like trail mix with yogurt or string cheese and crackers — after a hard workout.

Recovering from an injury: "Your focus should be on recovering, not on losing weight," Applegate said. "Healing can be delayed if the body doesn't receive an adequate supply of calories."

She suggested eating three to four meals a day that combine nutrient-rich foods. "Be sure not to let your calorie intake get too low," she said.

Basics for eating right

- ♦ Aim for fitness
- ♦ Aim for a healthy weight
- ♦ Be physically active each day
- ♦ Build a healthy base
- ♦ Let the pyramid guide your food choices
- ♦ Choose a variety of grains daily, especially whole grains
- ♦ Choose a variety of fruits and vegetables daily
- ♦ Keep food safe to eat
- ♦ Choose sensibly
- ♦ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- ♦ Choose beverages and foods to moderate your intake of sugars
- ♦ Choose and prepare foods with less salt
- ♦ If you drink alcoholic beverages, do so in moderation

Air Force sponsors Busch Series race car

RANDOLPH AIR FORCE BASE, Texas — The next generation of the Wood Brothers racing team dynasty is "Crossing into the Blue" driving a specially painted Ford Taurus prominently featuring the Air Force logo and colors.

Coming on the heels of his recent NASCAR Craftsman Truck Series win at Martinsville, Va., Jon Wood is making his 2003 debut in the NASCAR Busch Series at the Ford 300 Saturday in Homestead, Fla.

"It's really special that

the car will be Air Force blue because we have such a great relationship with the United States Air Force," said Eddie Wood, Jon's father and co-owner of Wood Brothers Racing. "We are so proud of that association and to have your kid driving for them, too, really makes you feel good."

To NASCAR fans, the Air Force partnership at the race with 22-year-old Jon is not in the least bit unusual. The Air Force is an associate advertiser in the NASCAR Winston Cup Series with the

Wood Brothers' No. 21 Motorcraft Racing Ford Taurus, driven by Ricky Rudd.

"I know how my dad and Uncle Len (Wood) feel about their Motorcraft team's association with the Air Force," Jon said, "and for me to be able to represent the Air Force, too, really makes me proud. It'll be tough to qualify for the Busch race, and we'll have our work cut out for us, but some of my guys from the truck crew are going to help out, and I'm really looking

forward to the experience and challenge."

Air Force officials are excited about the chance to work again with Wood Brothers Racing, said Lt. Col. Steve Murray, Air Force Recruiting Service spokesman.

"NASCAR provides the Air Force an outstanding opportunity to reach potential recruits and their families, provide support to our recruiting effort and increase awareness of the Air Force among the general public," he said.

CSAF FITNESS CHALLENGE

WORKOUTS, WEEK 12:

For those of you doing some resistance training on the FitLinxx workout system, do three resistance training workouts this week. Monday: three sets of 15 repetitions, Wednesday: two sets of 10 repetitions, Friday: three sets of 10 repetitions. Always rest 60 seconds between sets. Test yourself this week to see where you are.

Beginners: 4 workouts this week

Congratulations! You have now advanced to intermediate level. The below exercise is from week 2's intermediate program.

Monday: 30 minute run at a moderate intensity.

Wednesday 1.5 mile run for time outside, not on a treadmill, followed by an easy 30 to 40 minute workout. You choose the type of aerobic activity; 60 to 75 percent THR. Friday: 30 minute run at a moderate intensity, 70 to 85 percent THR, followed by a one-minute push-up test and a one-minute crunch test.

Intermediate: Congratulations! You have now moved to the advanced level. The below exercise is similar to the program found in week 2's article.

Day one: 40 minute run, moderate intensity at 70 to 85 percent THR

Day two: 1.5 mile run for time, outside, not on a treadmill, followed by a 45 minute run at 60 to 80 percent THR

Day three: 30 minute workout, you choose the type of aerobic activity, but must be at 70 to 80 percent THR, followed by one-minute push-up test and one-minute crunch test.

Day four: 30 minute run; 5 minutes easy at 60 to 65 percent THR, then 20 minutes at 75 to 85 percent THR, then 5 minutes easy as a cool-down.

Advanced: 4 to 5 days a week

It is time to let you develop your own program. Continue a 4 to 5 days a week program with at least 1 to 2 of those days consisting of cross training. Vary your intensity and time (refer to previous articles for variation). Adjust your program to your comfort level. If you have any questions, contact the health and wellness center at 782-4305.

Comics on Duty tour



FUNNY MAN: Comedian Mike Burton spots the camera and after some hassle, impatiently waits for the photographer to shoot his karate kick pose. The Comics on Duty tour is touring the Pacific region until Nov. 30 and did two shows at the Loring Club Saturday. Five comics performed for the Wolf Pack.

Photos by Master Sgt. Greg Scott



LAUGHING: Tech. Sgt Ben Merrill, 8th Logistic Readiness Squadron, laughs at the comics on stage.



COMEDY: Comedian Steve Mazan jumps around stage during his high-energy comedy routine.



THREE PATS: Comedian Jeff Capri (black shirt) gives a Wolf Pack member a hug during his routine to prove a point about a hug between two men.



APPLAUSE: Wolf Pack members applaud the comic on stage after his set. More than 150 Wolf Pack members watched the comics perform.